



*Amanda Rocheleau Counselling and Consulting*  
*Registered Social Worker \* Compassion Fatigue Specialist*

**Self Awareness Journal**

<b>Monday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Tuesday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Wednesday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Thursday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Friday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Saturday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	
<b>Sunday</b>	
Today, I paused and noticed...	
I showed myself compassion by...	
I cared for myself by...	